

Wyoming Becoming an Outdoors-Woman

June 15-17, 2012



Whiskey Mountain Conservation Camp Dubois, Wyoming

The Wyoming Game and Fish Department invites you to attend the 2012 Wyoming Becoming an Outdoors-Woman Workshop. Learn the basics of canoeing, archery, fly-tying, shooting skills, backpacking, outdoor photography and much more. For women 18 years of age and older, regardless of skill level.

BECOMING AN OUTDOORS-WOMAN



Wyoming Becoming an Outdoors-Woman



The Wyoming Becoming an Outdoors-Woman workshop is targeted toward women 18 years and older who have an interest in learning outdoor skills—skills usually associated with hunting and fishing. All classes are taught at the entry level in a safe, non-intimidating, outdoor setting.

Camp

The Whiskey Mountain Conservation camp is located southeast of Dubois, Wyoming. This area is home to the world's largest Rocky Mountain bighorn sheep population. The rustic cabins are approximately one mile from the wilderness boundary and are within easy view of the high glacial peaks. Torrey Creek runs within a stone's throw of the three- or four-person cabins and offers good trout fishing opportunities. Access to camp is 7 miles off of Highway 26-287 on a graded dirt road. Passenger vehicles with average clearance can access the camp with no problems.

Lodging

Cabins are rustic. Each cabin has running water and indoor toilet facilities as well as showers. Beds are comfy cots but linens, blankets and pillows are not provided. Please plan to bring a sleeping bag, sleeping pad, pillow or other bedding items.

Registration/Application

Workshop fee is \$150, which includes meals and lodging from noon, June 15 through noon June 17. **Applications must be received by April 15, 2012** and must include payment and medical/liability form. E-mails and faxes will not be accepted. Checks will be held until after the draw and will be returned to unsuccessful applicants. Participation is limited to 50 women. Participants will be selected by a random draw process. All applicants will be notified by mail of draw status no later than May 15, 2012.

Cancellation Deadline

Wyoming

Registrants who cancel before May 31 will receive a full refund; cancellations after May 31 will be forfeited, no exceptions.

Workshop Schedule

Participants will sign up for and attend one class each session.

Friday, June 15, 2012

10:00 a.m. - 11:30 a.m. Check in and registration
12:00 noon - 1:00 p.m. Lunch and orientation
1:15 p.m. - 5:00 p.m. Session 1
5:00 p.m. - 6:00 p.m. 307 Magazine Sponsored Social
6:00 p.m. - 7:00 p.m. Dinner
7:00 p.m. - Evening program

Saturday, June 16, 2012

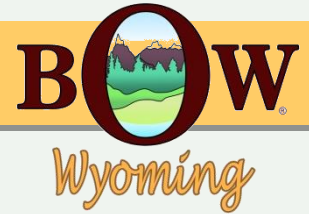
7:00 a.m. - 8:00 a.m. Breakfast
8:15 a.m. - 12:00 noon Session 2
12:00 noon - 1:00 p.m. Lunch
1:15 p.m. - 5:00 p.m. Session 3
6:00 p.m. - 7:00 p.m. Dinner
7:00 p.m. - Evening program

Sunday, June 17, 2012

7:00 a.m. - 8:00 a.m. Breakfast
8:15 a.m. - 12:00 noon Session 4
12:00 noon - 1:00 p.m. Lunch and goodbyes



Registration/Application Form



One person per registration form. Please photocopy for additional registrants.

Name: _____

Address: _____

City/State/Zip: _____

Phone (day) : _____ (evening): _____

Email (optional, will be shared with other camp participants): _____

Have you ever attended BOW? YES NO If yes, where? _____

Workshop Sessions: You will participate in one class per session, please select your first (1), second (2), and third (3) choice in each session so we may schedule you in your preferred classes. Please see attachment for class descriptions.

Session 1

Friday, June 15
1:15 - 5:00 p.m.

- ☐ Archery Marksmanship
- ☐ Backpacking
- ☐ Basic Fly-Fishing
- ☐ Introduction to Firearms*
- ☐ Map and Compass
- ☐ Outdoor Photography
- ☐ Wildlife Viewing & Backyard Habitat

Session 2

Saturday, June 16
8:15 a.m. - noon

- ☐ Archery Marksmanship
- ☐ Backpacking
- ☐ Basic Fly-Fishing
- ☐ Geocaching
- ☐ Map and Compass
- ☐ Outdoor Photography
- ☐ Rifle Marksmanship*
- ☐ Wildlife Viewing & Backyard Habitat

Session 3

Saturday, June 16
1:15 - 5:00 p.m.

- ☐ Canoeing
- ☐ Dutch-Oven Cooking
- ☐ Geocaching
- ☐ Handgun Marksmanship*
- ☐ Intermediate Fly-Fishing
- ☐ Outdoor Survival
- ☐ Plants and Wildlife
- ☐ Shotgun Marksmanship*

Session 4

Sunday, June 17
8:15 a.m. - noon

- ☐ Basic Fly-Fishing
- ☐ Canoeing
- ☐ Handgun Marksmanship*
- ☐ Horsepacking
- ☐ Introduction to Fly-Tying
- ☐ Introduction to Hunting Big Game
- ☐ Outdoor Survival

* You must take Introduction to Firearms or have completed a hunter education class prior to taking a shooting or hunting class. You must provide a hunter education card to waive Introduction to Firearms. State course was taken in _____
Card # _____

Workshop fee: \$150. Fee includes instruction in all sessions, program materials, use of equipment, meals and lodging.

Applications must be received by April 15, 2012. Registrants canceling before May 31 will receive a full refund; cancellations after May 31 will be forfeited, no exceptions.

We will accept party applications of no larger than four, but all applications must be mailed in the same envelope. Space is limited to 50 participants. Selection of participants will be by random draw. All applicants will be notified by mail of draw results no later than May 15, 2012.

Complete and send registration and medical/liability forms, along with your check payable to:

Wyoming Game and Fish Department
Becoming an Outdoors-Woman
3030 Energy Lane
Casper, WY 82604

For more information, contact:

Wyoming Game and Fish Department, BOW Coordinator
Janet Milek at (307) 233-6404.

A t-shirt is included in the registration packet. Please indicate T-shirt size:

- ☐ Small
- ☐ Medium
- ☐ Large
- ☐ X-Large
- ☐ XX-Large

Medical/Liability Release

All participants must sign this release. I hereby consent to receive medical treatment deemed medically advisable in the event of an injury or illness incurred during my participation in this activity. I acknowledge there are inherent risks of physical injury or illness to Becoming and Outdoors-Woman participants and I agree to assume the full risk of any injuries, damages or loss, associated with this program. I waive and relinquish any and all claims that I, my insurer or my estate may have against Becoming an Outdoors-Woman program, the State of Wyoming, Wyoming Game and Fish Commission, and/or the Wyoming Game and Fish Department and its officers, agents, servants, volunteer instructors and employees from claims of injuries, damages, or loss which I may have or which accrue to me on account of my participation in the above programs. I further understand and agree to abide by the general rules and conduct prescribed for guests of the Whiskey Mountain Conservation Camp and that violations may result in a denial of privileges, a forfeiture of all fees paid and immediate removal from the Whiskey Mountain Conservation camp property. Applicant certifies he/she is at least 18 years of age (or will be prior to June 15, 2012).

Signature _____ Date _____

Photo Release

I understand that photographs may be taken during the sessions and I agree that photos of, or including me may be used in future support of the Becoming an Outdoors-Woman Program. Photos of camp will be available online at the conclusion of the 2012 BOW workshop.

Signature _____ Date _____

Medical History Questionnaire

The following information will only be used in case of an emergency and will remain confidential.

Please list:

Current medications: _____

Allergies / Asthma (include medications): _____

Special Food Requirements: _____

Other medical condition we should be aware of: _____

This medical history questionnaire is correct and complete to the best of my knowledge.

Signature _____ Date _____

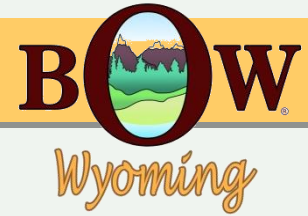
Emergency Contact Information

Emergency Contact: _____

Phone : () _____

Relationship: _____

Class Descriptions



All classes include classroom instruction and time in the field to practice skills and technique. Equipment for all classes is provided by the Wyoming Game and Fish Department. Some classes have limited space. Participants are welcome to bring their own equipment, such as cameras, firearms, bows or fishing rods. Personal firearms and ammunition must be unloaded, cased and secured when not in use during class.

Archery Marksmanship

Whether it's an adventure in the woods pursuing wild game or enjoying the skill of tournament shooting, you'll learn why archery is one of the fastest growing sports in the United States. Learn about the evolution of archery, equipment and technique. Try different types of equipment such as the longbow and compound bow. Improve your accuracy with standard bulls-eye targets, or simulate time in the field with 3-D targets.



Backpacking

If you've been considering going on a backpacking trip or want to learn about outdoor adventures with your home on your back, this is the class to help get you started. Learn how to plan, prepare and enjoy the perfect backpacking trip. Learn about selecting a quality backpack, tent, sleeping bag, stove and other

equipment. Discuss how to best enjoy your experience, including staying dry, keeping warm and being safe. Our instructor will make sure you're prepared with tips and checklists for your next outing. While you won't be doing any backpacking during the course, you will have a chance to try equipment and clothing. Whether you just want to head out for the day, or are planning an overnight expedition, you'll leave this class ready and able to hit the trail!

Basic Fly-Fishing

Fly-fishing can look intimidating, but with a few basic skills and a little bit of knowledge, you'll be ready to cast your line in no time. You will start at the beginning, becoming familiar with different kinds of equipment (rods, reels and lines) and learn how to tie knots. Then, learn basic casting techniques, what flies to use and how to read the water to find preferred fish habitat. Finally, it's off to Torrey Creek to try your newly acquired skills on the fish. *This class will involve actual fishing. A current Wyoming fishing license is required for all class participants.*

Canoeing

Torrey Creek runs through camp and is glacial fed. It's guaranteed to take your breath away, whether you fall in or not. But canoeing is so much fun that it's worth the risk of getting wet. First, you'll receive instruction on canoe construction, basic strokes and safety from the comfort of shore. Then, it's down to the lake to learn to steer your craft and practice your technique. Finally, you'll contend with the current as you and your partner navigate around natural obstacles as you float Torrey Creek. Learn to avoid boulders and sandbars, enjoy the scenery and maybe even see some wildlife on your journey.

Dutch-Oven Cooking

Food always tastes best in the outdoors. Prepare all your favorite meals on the campfire in Dutch-ovens. This class will involve cooking, and of course, tasting. Learn about cast iron care, seasoning and clean up. Try half a dozen recipes with suggestions from experienced campfire chefs. Cook with wood coals or charcoal and learn to judge the heat with proven formulas. Be prepared to roll your sleeves up and play in the fire.

Fly-Tying

Tie the flies that Wyoming fish can't resist. Get acquainted with the equipment, tools, materials and various hooks needed to lure trout from their hiding places. Get a list of resource materials to further your interest and knowledge in tying. Participants will leave this class with a pile of hand-tied flies for use at camp or in home waters.

Geocaching

Did you dream of exploring the world and finding hidden treasure as a kid? Then you might be interested in geocaching, a grown up version of hunting for treasure using GPS technology. What does GPS even stand for? You will find out, plus a whole lot more in this class. Learn about GPS units, how they can be useful when outdoors and what can happen if you depend solely on technology. Finally, put that GPS technology to use as you traverse camp on a scavenger hunt to refine your new skills. Seek out hidden goodies, hide a cache of your own and get a little exercise to boot as you explore this popular outdoor activity.

Horsepacking

Packing the backcountry on your horse is a very rewarding experience if it's done right. Learn to tie the knots, balance the load and what types of equipment you will need. Gain an awareness for low impact use, how to tie your horses to a snub line or hobble in the meadow. Horses and equipment will be provided. This is not a riding class but students will pack animals, making ready for the trail. Learn from a group of backcountry horsemen who care about doing it right and protecting our trails and habitat.

Intermediate Fly-Fishing

If you already have basic fly-fishing experience and knowledge, this class is for you! Review the basics of casting techniques, knots and reading the water. Then jump into intermediate information like double-hauls, roll casts and wading techniques before heading to the wily Wind River to chase the elusive trout! Work on your new techniques on the water with your instructor for real-time help and coaching. *This class will involve actual fishing. A current Wyoming fishing license will be required.*

Introduction to Firearms

Eliminate your fear or intimidation of firearms with this introductory class. First, learn proper handling and safety of firearms. Then, move on to learning more

about different types of firearms, ammunition and their role in hunting. You'll have an opportunity to handle the major action types of rifles, handguns and shotguns, and practice loading and unloading firearms safely. This class does not include live fire shooting. *This class is a prerequisite for all firearms classes, unless you've completed a hunter education course.*

Introduction to Rifle Marksmanship

Get on target with your rifle marksmanship with instruction in sight picture, breath control and trigger squeeze. Learn about range safety and shooting positions. Step onto our range to try different firearms, action types and calibers of rifles. Start with .22s and move up to larger caliber hunting rifles, scoped and iron sights as you test your accuracy on paper targets. Finally, imagine hunting the old-fashioned way with instruction and practice shooting a muzzleloader. *Participants must have completed Introduction to Firearms and Safety or have completed a hunter education class to participate in this class.*

Introduction to Shotgun Marksmanship

Pull!! You'll be breaking flying clay pigeons and begging for more shells before this class is over. Learn to keep your head down and follow through on the bird and it's guaranteed you'll powder targets. Try different shotguns, gauges and action types as you receive one-on-one instruction on the range. Shotguns and ammunition in 12 and 20 gauge will be provided. *Participants must have completed Introduction to Firearms and Safety or have completed a hunter education class to participate in this class.*



Introduction to Handgun Marksmanship

Here's an opportunity to try handling and shooting handguns and ask questions about handguns. Learn about different action types, calibers, shooting techniques and safety. You'll also receive instruction on proper storage and cleaning, concealed carry laws and home protection concerns. Finally, practice your stance, technique and accuracy on the firing range. *Participants must have completed Introduction to Firearms and Safety or have completed a hunter education class to participate in this class.*



Introduction to Hunting Big Game

Hunting big game can be challenging, frustrating and rewarding all at the same time. Learning to hunt can also be intimidating. This class will help you break down some common barriers and questions so you will feel confident in the field. You'll learn about applying for a license, planning your trip, selecting the right equipment, care in the field and how to enjoy your harvest. Whether you're new to hunting, or a veteran to with several trophies under your belt, learn how to make every hunting adventure a positive and fulfilling experience.

Outdoor Photography

Nothing beats being in the outdoors, but photographs can help capture your imagination and take you back to that special moment in the wild. Learn basic tips to improve your photography overnight. Start by learning about camera settings, lighting, composition and subject matter. Then, take to the outdoors to practice your new technique. Finally, gather with classmates once again to review your improved photos and discuss other tips to get that spectacular shot. The information covers digital and film photography. A limited number of digital cameras will be available. Participants are encouraged to bring their own cameras.

Outdoor Survival

Take a lesson from the scouts and be prepared when enjoying the outdoors. A little knowledge and skill will go a long way in making a scary situation better if you ever find yourself in an emergency situation in the outdoors. Learn about starting a fire, finding shelter, collecting and purifying water. Get ideas and checklists for a well-stocked pack and emergency survival kit. Practice basic survival skills like building a makeshift shelter or finding a wayward hiker. You'll soon know why precaution and preparation could prove to be the key ingredients to surviving a life-threatening situation in the outdoors.

Map and Compass

Technology can help you find your way in the wilderness, but those same devices can break, get lost or fail. Basic map and compass skills are essential for anyone who spends time outdoors. You'll receive clear, concise instructions for using a map and compass effectively and complete exercise to help you learn and practice your orienteering skills. By the end of class, you'll have walked an orienteering course across camp with the use of your compass and readings, and feel more comfortable navigating the wilderness.

Plants and Wildlife

If you enjoy viewing Wyoming's beautiful flora, you'll love this class, also known as "Belly Botany." Learn to identify grasses, plants and wildflowers growing in the Rocky Mountains and Torrey Valley. Class will start indoors with anatomy lessons and then spend the rest of the session scouring the valley for learning opportunities. Learn all about how to identify and appreciate the amazing plant life Wyoming has to offer.

Wildlife Viewing and Backyard Habitat

Turn off the television and tune into the wildlife around you! Learn to read the landscape around you for signs of wildlife. Try different tools for wildlife viewing like binoculars and spotting scopes. View tracks and sign to know what wildlife awaits you ahead. Build a birdhouse and learn ways of landscaping that will draw wildlife to your backyard. This is the perfect class for hikers, campers, birders or any woman who enjoys wildlife and treasures her encounters with the natural world.